

INTRODUCING HEMI-SYNC® TO CLIENTS IN PSYCHOTHERAPY

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Laura Batchelor is an educational therapist in private practice in St. Louis, Missouri, specializing in creative/vocational expression, spiritual development, Jungian theory, and transitions. Since her first encounter with Hemi-Sync a year ago she has become a member of the Professional Division and has integrated the technology into her work with clients. In this article, Ms. Batchelor discusses her methods of introducing and applying Hemi-Sync in the therapeutic process.

As a psychotherapist, I find that most clients enter the therapeutic relationship without the understanding or ability to relax mentally or physically, without an awareness of internal imaging, and without a real sense of the ongoing data processing that occurs within their own psyches. Often clients choose to seek counseling because their processing of data has become dysfunctional at some level resulting, in part, from the focus of attention being almost exclusively upon secondary learning systems and very little on the primary learning system.

The primary learning system, which I call "light-bound reality," is the inner world of the psyche, and the source of intuitive and sensate information. The secondary learning system is the source of information from the outer world, including social and cultural influences. I call it "time-bound reality." For many clients the primary learning system has been a forbidden forest, unexplored and misunderstood. Consequently, there is a tendency to avoid or reject information from that source. Information is more readily accepted from the secondary learning system, which is perceived as more "real." The bias toward external sources of information leads to inadequate processing of the data which is received. Therefore, one of the greatest challenges for the therapist and client is to establish an effective working environment within the client's internal processing system—one that integrates information from both the primary and secondary learning systems.

This whole-brain-mind method helps to focus conscious attention on one's innate learning abilities, and serves to open up internal communication with primary learning system material. The newly incorporated method provides a foundation for the client's further development. Once conscious, coherent information processing is established, a greater exploration of the primary learning system can be undertaken.

METHODOLOGY

In the primary learning system one encounters emotion and memories from the unconscious years of development, zero to ten years of age, and intuitive and sensate input relative to present-day development. To begin, I ask the client to record in a journal all emotional and

memory input, as well as any intuitive and sensate material such as dreams, visions, or fantasies. Using the journal, the two of us then spend an hour and a half a week sorting through what has been remembered, recorded, and pertains to that week of the client's life.

This method serves

- a. to educate the client to his/her own system of processing data;
- b. to differentiate emotional response from intuitive, felt-feeling response;
- c. to begin a conscious observation of archetypal behavior, i.e., how data has been conceptualized and organized within the psyche;
- d. to foster an understanding of personal archetypal behavior as a link to universal archetypal behavior;
- e. to encourage the client's individuating process.

NEW CLIENT SYMPTOMS: REPORTED AND OBSERVED

Often I find that new clients

- a. live in an agitated state; they have forgotten or are not consciously aware of a relaxed mental state. The typical methods of evoking relaxation are sexual activity, alcohol, drugs, food, and sleep;
- b. view their lives through a body consciousness, an emotional consciousness, or through many of the other forms that cultural, rational consciousness takes;
- c. lack conscious experience of their own dreams, visions, active imagination, or creative visualization;
- d. feel that the state of "mind awake/body asleep" has no value. Most often, when it occurs for them, it is viewed as a lack of sleep;
- e. perceive the use of intuition or objective consciousness as too assertive, controlling, illegal, or a weird state of mind not to be trusted;
- f. have a very low tolerance for the higher vibratory levels that conscious attention can induce.

HEMI-SYNC MODALITY

The Hemi-Sync tape that I initially use in my work with clients is *The Way of Hemi-Sync*. I prefer this tape as it requires no explanation, guides the listener step-by-step through an experience, and gives information and instruction simply and easily.

INTRODUCTION OF HEMI-SYNC INTO THE THERAPEUTIC PROCESS

Generally I will introduce a client to Hemi-Sync when there is a call for reduction of stress and anxiety. After an initial, and often lengthy, discussion of relaxation methods, I ask the client whether s/he has used any kind of sound techniques, and if s/he would be interested in trying one for stress reduction, as well as to aid his/her present work of balancing right-brain and left-brain functioning.

Most clients choose to use the tape. First I introduce them to The Monroe Institute's work and describe Frequency Following Response (FFR) and Hemi-Sync using the explanations from the Institute brochure. Then I provide the tape, tape instructions, and the *Are Thoughts Really Things?* pamphlet, which cites the application of a topographic display EEG computer system to investigate the relationship between brain waves and states of consciousness. To complete the orientation, we usually discuss equipment, tape listening preparation and scheduling, and the broader application of learning about other energy systems. The client takes *The Way of Hemi-Sync* and literature home, and is responsible for deciding how often and when to use the tape. To date I have introduced twenty-five clients to Hemi-Sync.

INTRODUCTION RESULTS

Twenty-four of the twenty-five clients introduced to Hemi-Sync immediately made the decision to try the tape. The client who initially decided not to use the tape later requested it. Three clients returned the tape. One man stated that "in a home of six children there was no undisturbed time to use it." (He now frequently uses a METAMUSIC® tape for the whole household to hear.) Two clients reported that their ears were too sensitive to the sound (one person wears hearing aids in both ears, the other is extremely sensitive to her inner processing system). Two other clients, while they feel that Hemi-Sync is a very good application for them, have trouble finding the time to use the tape.

Ten clients use the tape frequently. Having begun by listening three to four times a week, they now use it about once every seven to ten days. Eight clients have commenced the GATEWAY EXPERIENCE® home course, while others have gone on to the H-PLUS® Function tapes and METAMUSIC series.

DIRECT EFFECTS OF HEMI-SYNC

I find that, for clients, use of Hemi-Sync

- a. reduces stress immediately, allowing the mind to focus on work to be done in the session;
- b. often provides a new experience for the client;
- c. begins to orient the mind to giving pleasure to the entire organism;
- d. provokes thinking of new means of relaxation;

- e. gives the mind a reference point for re-creating the whole-brain state;
- f. gives the mind permission to talk about inner, primary learning system behavior;
- g. evens out emotional highs and lows. As one client states, it brings him to a centeredness in which he can be more objective about himself. Without this centeredness, there seems to be a tendency to focus on negatives;
- h. begins the development of an effective attitude for problem solving and creative adventure.

OTHER OBSERVATIONS

Frequently I notice an interesting and surprising reaction to the introductory discussion about Hemi-Sync. Clients will often respond with what seems to be a newly found excitement, hope, or anticipation. In following conversations, they will describe these initial responses as the point at which they consciously began to feel relief from the psychoemotional pain they are experiencing, and the lessening of superfluous mental chatter.

I find *The Way of Hemi-Sync* tape a most valuable tool for establishing a fertile inner state—a state which evokes a necessary step toward understanding how self-criticism and conscious self-reflection impact the psyche. This understanding, achieved bit by bit, leads toward a broader comprehension of self and fosters the ability to control attitudes and thoughts deliberately. Thus, the client is able to become aware of, and thereby utilize, the fields of energy within, and outside of, the psyche.

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